



# AppForDem

EDUCATIONAL APP  
FOR CAREGIVERS OF  
PEOPLE WITH DEMENTIA



Co-funded by the  
Erasmus+ Programme  
of the European Union

GA: 2019-1-ES01-KA202-065659

## M1U2. Types of dementia

MÓDULO 1. **Understanding dementia**



This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).



# M1U2 OBJECTIVE

The general objective of this unit is to introduce the different types of dementia, paying attention to the symptoms, progress of the disease and treatments of the disease.



# LEARNING OUTCOMES

At the end of the learning unit, the student will be able to:

- Describe the different types of dementia
- Recognize the main characteristics of each type of dementia.
- Know the people who suffer from the disease.
- Identify the usual medical treatments and non-pharmacological intervention.

# M1 U2. Types of dementia



1. WHAT IS ALZHEIMER'S DISEASE



2. WHAT IS ALZHEIMER'S DISEASE



3. WHAT IS VASCULAR DEMENTIA



4. WHAT IS  
FRONTOTEMPORAL DEMENTIA?



5. WHAT IS LEWY BODY DISEASE

## Learning Content

# M1U2



## Module 1 – Unit 2 Types of dementia

# 1. TYPES OF DEMENTIA

Dementia is the umbrella term for a number of neurological conditions, of which the major symptom includes a global decline in brain function.

Therefore, dementia describes a collection of symptoms that are caused by disorders affecting the brain.

It is not one specific disease, since there are over 100 diseases that may cause dementia.

Many different diseases cause dementia. In most cases, why people develop these diseases is unknown.



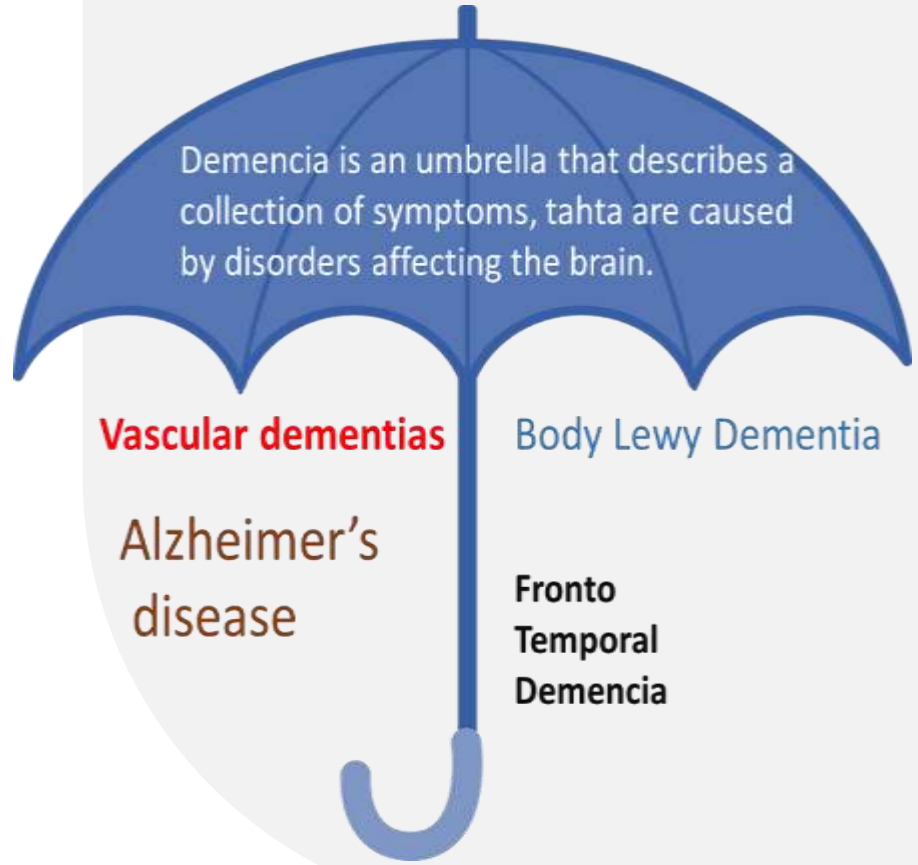
## DISEASES THAT CAUSE DEMENTIA

Dementia is the umbrella term for a number of neurological conditions, of which the major symptom includes a global decline in brain function.

Alzheimer disease's is the most common type of dementia.

Between 60 and 70 percent of cases of dementia are caused by this disease according to the WHO report.

Other major forms include vascular dementia, dementia with Lewy bodies and Frontotemporal dementia.



## 2. WHAT IS ALZHEIMER'S DISEASE

Alzheimer's disease is a neurodegenerative disease and the most frequent type of dementia, especially, although not exclusively, in the older population.

The process usually starts with loss of memory and inability to retain new information.

Patients repeat the same things and do not recognise their faults. Other faculties are then affected, (speech, reasoning, orientation, etc.).



The **majority of persons with dementia may present neuropsychiatric symptoms**, such as indifference, loss of control of emotions, depression or changes in appetite.

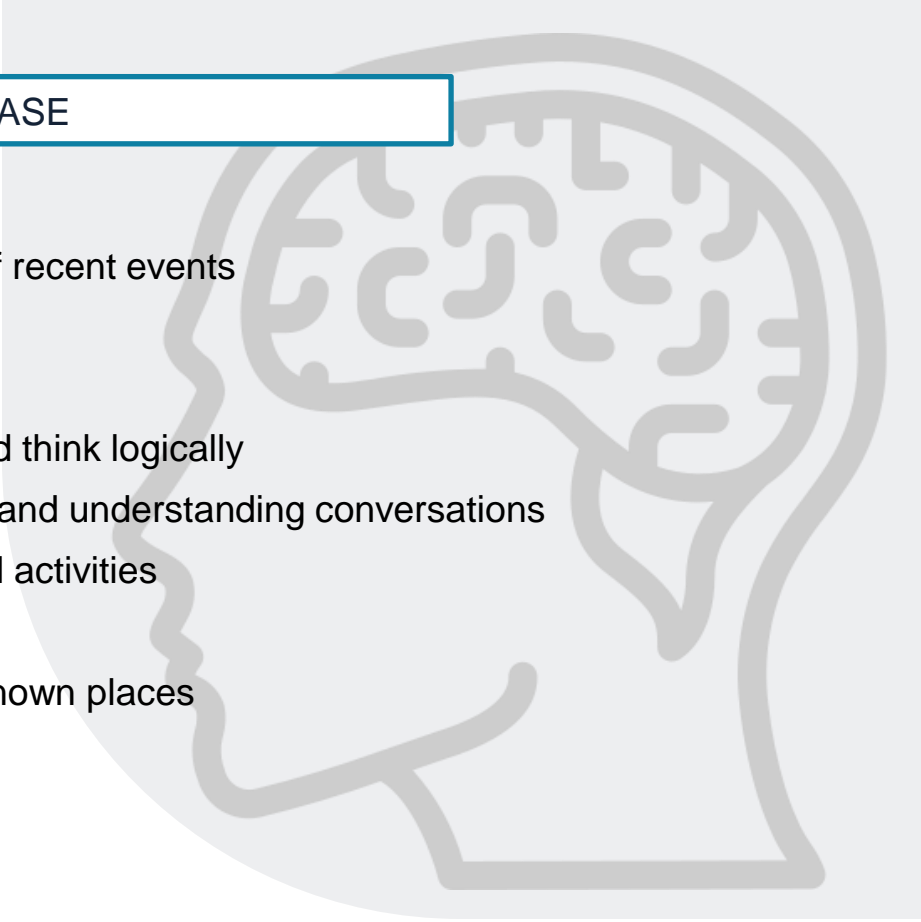
**As the disease progresses,** hallucinations, delusions, agitation and aimless movements, such as erratic wandering, may appear.



## WHAT ARE THE SYMPTOMS OF ALZHEIMER'S DISEASE

Common signs/manifestation of dementia may include:

- **Persistent and frequent memory loss**, especially of recent events
- **Repeatedly saying** the same thing
- **Vagueness in everyday conversation**
- **Being less able to plan**, problem solve, organise and think logically
- **Language difficulties** such as finding the right word and understanding conversations
- **Apparent loss of enthusiasm** for previously enjoyed activities
- **Taking longer** to do routine tasks
- **Becoming confused** and disoriented, even in well-known places
- **Inability to process** questions and instructions
- **Deterioration of social skills**
- **Emotional unpredictability**
- **Changes in behavior**, personality and mood



## THE FIVE “A” SYMPTOMS OF THE ALZHEIMER’S DISEASE

Many of the symptoms of the Alzheimer’s disease can be loosely grouped into five “A

- **Anomia** - Anomia is a problem with word finding.
- **Amnesia.** The memory loss, or amnesia can affect both short-term and long-term memories, along with the ability to learn new information.
- **Agnosia** - Trouble with Identifying objects and faces. The symptom, agnosia, is complex and has different types. For example, the person may mistakenly try to eat with the knife instead of the fork.
- **Aphasia.** Aphasia is a term used to describe impaired communication. Aphasia is the impairment of speech and language, but it also can include the ability to read and write. Thus, your non-verbal communication—becomes that much more important when interacting with someone who is living with dementia.
- **Apraxia.** Apraxia is a deficit in voluntary motor skills. Activities such as walking and eating become more difficult in the late stages of the disease. [./www.verywellhealth.com/the-4-as-of-alzheimers-disease-98591#citation-7](https://www.verywellhealth.com/the-4-as-of-alzheimers-disease-98591#citation-7)



### 3. WHAT IS VASCULAR DEMENTIA

This is a type of dementia produced by the lack of blood irrigation in important areas for normal cognitive functioning.

Vascular dementia is the second most frequent dementia after Alzheimer's disease.

It is normal for both types of dementia to coexist; interacting together and often it is impossible to distinguish the extent to which each one contributes to the patient's clinical picture.



## SYMPTOMS OF VASCULAR DEMENTIA

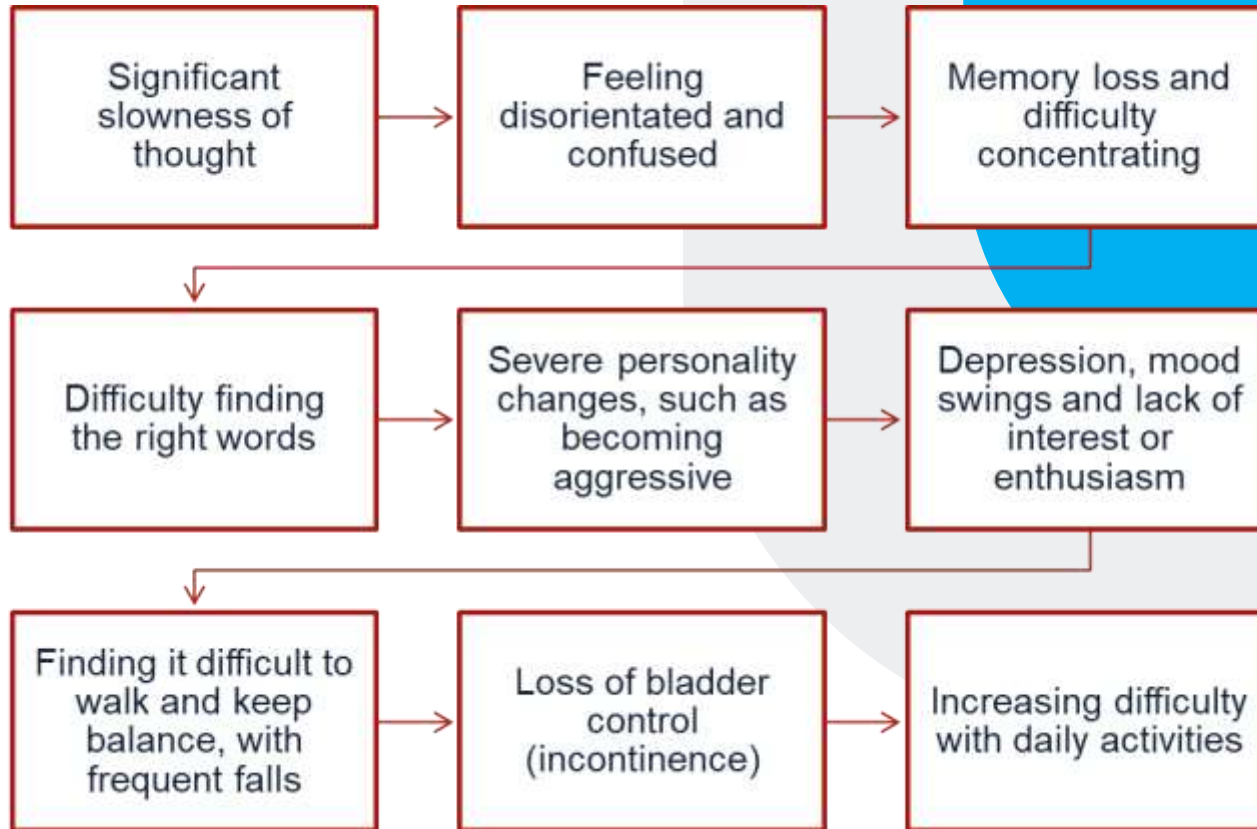
The symptoms can start suddenly or gradually. They tend to get worse over time, although treatment can help slow this down.

Early symptoms of vascular dementia can include mild:

- Slowness of thought
- Difficulty with planning
- Trouble with understanding
- Problems with concentration
- Changes to your mood or behaviour
- Problems with memory and language (but these are not as common as they are in people with Alzheimer's disease)



Later symptoms often continue to get worse over time. This may happen slowly, or in sudden steps every few months or years.



## IS THERE TREATMENT AVAILABLE

There is no one specific treatment for vascular dementia

Making adjustments to compensate for the person has changed abilities while maintaining enjoyable activities is important for their well-being.

Learning about the condition and strategies for coping can be very beneficial for families and carers.



## 4. WHAT IS FRONTOTEMPORAL DEMENTIA?

Frontotemporal dementia is a rare neurodegenerative disease, but in patients under the age of 65 it is the second cause of degenerative dementia.

Frontotemporal dementia (FTD) is the name given to dementia when it is due to progressive damage to the frontal and/or temporal lobes of the brain.

The right and left temporal lobes at the two sides of the brain are involved in processing what we hear and understanding what we hear and see.

Damage may lead to difficulty recognising objects or understanding or expressing language.



## WHAT ARE THE SYMPTOMS OF FRONTOTEMPORAL DEMENTIA

The early manifestations are

- ✓ **Behavioural disorders** such as disinhibition, violation of social norms, abandonment of personal care, lack of empathy, etc.
- ✓ **Problems with the language:** loss of meaning of words or difficulties to express themselves and/or articulate words and less memory affectation

In advanced stages, all the cognitive functions are affected and motor complications also appear in some patients, either with similar symptoms to Parkinson's disease (parkinsonism) or with similar symptoms to amyotrophic lateral sclerosis (associated motoneuron disease).



## IS THERE TREATMENT AVAILABLE

- **There is not yet a cure for FTD**, or any disease-modifying treatment.
- However, **various therapies can help** with some of the symptoms. Secondary symptoms, such as depression, may be helped by medication.
- **Psychological therapies** are important to help manage abnormal behaviour. Speech therapy is of benefit to people with the disease, particularly in helping to develop alternative communication methods.
- **The input of an occupational therapist** can help improve everyday functioning at home.



## 5. WHAT IS LEWY BODY DISEASE

Lewy body dementia (LBD) is a common neurodegenerative disease of ageing.

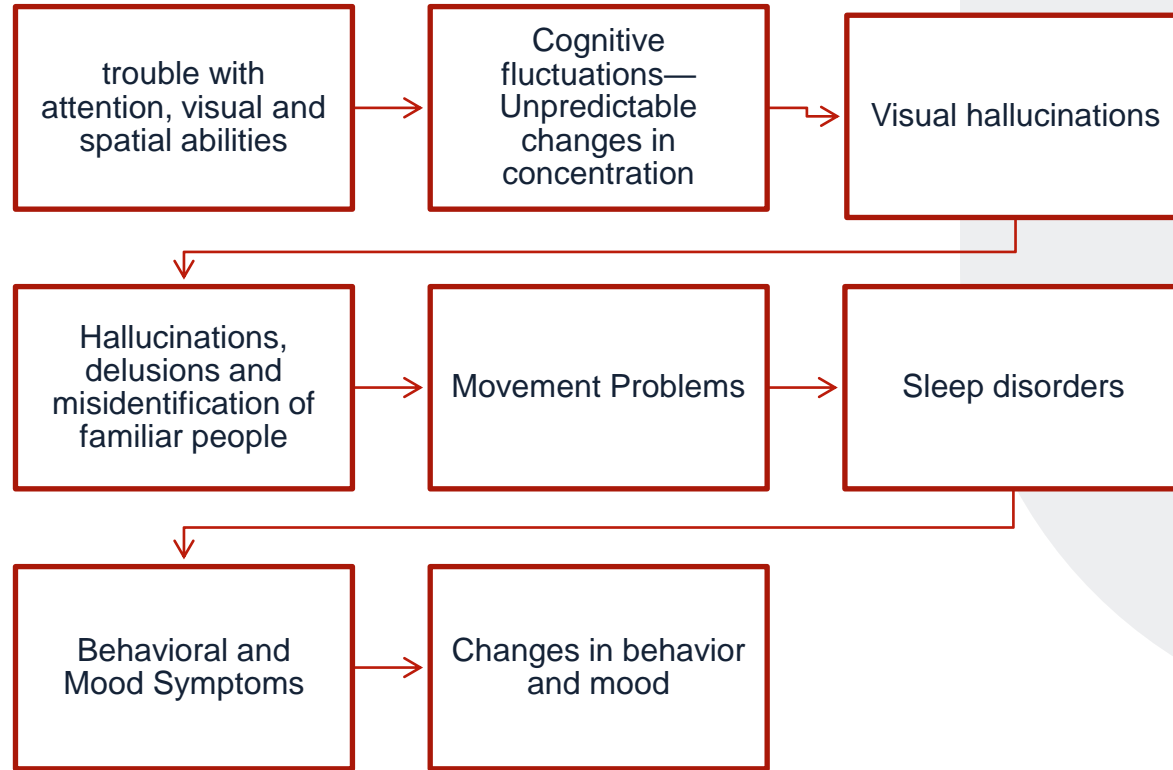
This means that the disease causes gradual brain damage. For reasons not fully understood, it occurs when there is an abnormal build up of a protein called alphasynuclein in brain cells.

These abnormalities occur in specific areas of the brain, causing changes in movement, thinking and behaviour.

The most prominent symptom of Lewy Body dementia is problem with the motor function, which is why it sometimes is mistaken for Parkinson.



The most common symptoms include changes in cognition, movement, sleep, and behavior .



## Is there treatment available

As with Alzheimer's disease, these are degenerative dementias and currently there is no treatment that can curb its natural progression.

Some of the drugs used in Alzheimer's disease may also slightly improve the cognitive, psychiatric (hallucinations) and functional symptoms in some patients.



## SUMMARY

Dementia is the umbrella term for a number of neurological conditions, of which the major symptom includes a global decline in brain function

- Alzheimer's disease is the most common cause of dementia, especially, although not exclusively, in the older population. The process usually starts with loss of memory and inability to retain new information. There is no cure for Alzheimer's disease. Non-drug therapies, staying active and socially connected, and managing stress can be beneficial for people with Alzheimer's disease.
- Vascular Dementia is a type of dementia produced by the lack of blood irrigation in important areas for normal cognitive functioning. It can be very difficult to distinguish from other forms of dementia, because the symptoms of each type overlap. There is no one specific treatment for vascular dementia.
- Frontotemporal dementia (FTD) is the name given to dementia when it is due to progressive damage to the frontal and/or temporal lobes of the brain. There is not yet a cure for FTD, or any disease-modifying treatment. Psychological therapies are important to help manage abnormal behaviour.
- Lewy body disease is a common neurodegenerative disease of ageing. This means that the disease causes gradual brain damage. Hallucinations, delusions and misidentification of are significantly more frequent in early-stage LBD than in Alzheimer's. There is no treatment for the natural progression of the disease.

# RESOURCES

- The missing Word – learning game
- Matching ideas
- Questionnaire
- Audiovisual
- Bibliography

## THE MISSING WORD

Find the following words: behaviour, syndrome, calculation, emotional, language, memory, progressive

The World Health Organization defines dementia as a "**syndrome** due to a disease of the brain, usually of a chronic or **progressive** nature, in which various disturbances of multiple higher cortical functions, including **memory**, thinking, orientation, comprehension, **calculation**, learning capacity, **language** and judgement. Consciousness is not clouded. Impairments of cognitive function are accompanied by deterioration in emotional control, **behaviour** or motivation".

## MATCHING IDEAS

Match sign and symptoms with the diseases that cause dementia

<b>Diseases that cause dementia</b>	<b>Main normal signs and symptoms of the disease</b>
1 Lewy body dementia	1 Hallucinations—Visual hallucinations—seeing things that are not present
2 Frontotemporal dementia	2 Behavioral disorders (disinhibition, violation of social norms, abandonment of personal care, lack of empathy, etc.
3 Vascular dementia	3 Slowness of thought, difficulty with planning and trouble with understanding
4 Alzheimer's disease	4 Persistent and frequent memory loss, especially of recent events. Repeatedly saying the same thing.

### Q1. Which of these sentences is incorrect?

- Dementia describes a collection of symptoms
- Dementia is the umbrella term for a number of neurological conditions
- Dementia is one specific disease. True

ANSWER. This option is correct. It is not one specific disease, since there are over 100 diseases that may cause dementia. Many different diseases cause dementia. In most cases, why people develop these diseases is unknown.

### Q2. Dementia is syndrome due to a disease of the brain. True.

ANSWER. Dementia is the umbrella term for a number of neurological conditions, of which the major symptom includes a global decline in brain function. Therefore, dementia describes a collection of symptoms that are caused by disorders affecting the brain

### Q3 Which of these sentences is correct?

- There are four types of dementia.
- There are five types of dementia.
- There are six types of dementia.
- There are many different types of dementia. **Correct**

ANSWER. There are many different types of dementia (Young onset dementia, mild Cognitive Impairment, Mixed dementia, Creutzfeldt-Jakob disease, Down syndrome, etc.) although the following are far more common than others: Alzheimer's, Vascular dementia, Frontotemporal dementia and Lewi Body disease.

### Q4. It is not normal that Alzheimer's disease and Vascular Dementia coexist, interacting together. **False.**

ANSWER. Vascular dementia is the second most frequent dementia after Alzheimer's disease. It is normal for both types of dementia to coexist, interacting together and often it is impossible to distinguish the extent to which each one contributes to the patient's clinical picture.

### Q5. Which of these sentences is correct?

- Considering Frontotemporal dementia (FTD), psychological therapies are important to help manage abnormal behavior.
- Any person can develop Alzheimer's disease, but it is much more common in older age.
- Research suggests that the medications available for the treatment of Alzheimer's disease are also effective for some people with vascular dementia.
- All the sentences are correct. **True.**

ANSWER. There is not yet a cure for FTD, or any disease-modifying treatment. However, Psychological therapies are important to help manage abnormal behaviour. Speech therapy is of benefit to people with the disease, particularly in helping to develop alternative communication methods. The input of an occupational therapist can help improve everyday functioning at home.

# AUDIOVISUAL

## **A Walk Through Dementia - at the supermarket**

<https://youtu.be/TaeNgo8bR2k>

A Walk Through Dementia is a unique app designed to put you in the shoes of someone living with dementia. See one of the 360 clips from the experience. AlzheimersResearch UK



A Walk Through Dementia - at the supermarket

# AUDIOVISUAL

## Understand Alzheimer's Disease in 3 Minutes

Video describes the progression of Alzheimer's Disease—how it damages the brain and how it affects behavior—in a simple, clear way that anybody can understand. Every family caregiver should watch this to better understand what is happening with their loved one.

- [https://www.youtube.com/watch?v=Eq\\_Er-tqPsA&feature=emb\\_logo](https://www.youtube.com/watch?v=Eq_Er-tqPsA&feature=emb_logo)

## The different types of dementia

Did you know there are over 100 disease that may cause dementia?

- [https://youtu.be/GbpX\\_ZmgdaM](https://youtu.be/GbpX_ZmgdaM)



# DOCUMENTATION

ALZHEIMER ASSOCIATION. Key differences between Alzheimer's and Lewy body dementia  
<https://www.alz.org/alzheimers-dementia/what-is-dementia/types-of-dementia/lewy-body-dementia>

DEMENTIA AUSTRALIA,  
<https://betterhealthwhileaging.net/cognitive-impairment-causes-and-how-to-evaluate/>  
•<https://www.cdc.gov/aging/healthybrain/ten-warning-signs.html>  
•<https://www.dementia.org.au/resources/help-sheets>

NATIONAL INSTITUTE ON AGING. What Is Lewy Body Dementia?  
<https://www.nia.nih.gov/health/what-lewy-body-dementia#signs>

NHSE. Vascular Dementia. [vascular-dementia https://www.nhs.uk/conditions/vascular-dementia/symptoms/](https://www.nhs.uk/conditions/vascular-dementia/symptoms/)

WORLD HEALTH ORGANIZATION (WHO). Dementia. <https://www.who.int/news-room/fact-sheets/detail/dementia>

# Thanks for your attention

